



Who 'wood' have thunk It
Students place third at wood design gala.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Students bust a move
Dancers draw a crowd during CSI competition.
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MONDAY, NOVEMBER 22 2010

CONESTOGA COLLEGE, WITCHENER, ONT.

WWW.CONESTOGA.CA/SPOKE

2ND YEAR - NO. 25

Kindness spreads across campus

By AMANDA BAINES

Students rush through their day, from classes to work and everywhere in between. On Nov. 12, however, Conestoga slowed down just a little and took part in Random Acts of Kindness Day, the grand finale of Kindness week.

In its third year, Random Acts of Kindness, abbreviated to RAOK, is part of the World Kindness Movement, which is based in Singapore. While the school celebrated the event on Friday, the rest of the world took part in the official day, on Saturday.

Brooke Nord from the Random Acts of Kindness Foundation, based in Denver, said they promote the event in hopes it spreads beyond just one day or week, and affects people year-round.

"We support and promote

this event because we hope that it will inspire individuals," she said. "We hope it will empower them to get out there and do kind acts."

Student Life programmer Ryan Connell has only been involved in Conestoga's efforts for just over a year, but says it's grown substantially since its beginnings.

"The first year we had it, we had one table set up," he said. "We passed out the RAOK cards and that was it. Now it takes up the hallway from Doors 3 to 4, and we have people down by Door 6, too."

The school's Respect committee showed its commitment as about 35 of its 50 volunteers ran areas such as the colouring corner, where students could colour a picture for a friend or stranger and helped out Chartwells and Zehrs, which had staff passing out cups of hot chocolate at Door 6.

CSI handed out popcorn.

Mary Kay beauty consultant Jenn Eades provided mini makeover tips and coupons for free pampering sessions, and Bre Creative face-paint artist Breanne Cram and balloon animal creator Nathan Mantey came out to bring smiles to students' faces as they passed through the halls.

"We all had a childhood," said Connell. "Getting our faces painted or balloon animals made, maybe colouring a picture for someone — they're all feel-good things, and that's what today really is, a feel-good day."

Practical nursing student Chantel Cybalski said her feel-good moment of the day was getting a free hot chocolate as she came to school.

"I'll pay it forward by buying a coffee for the person in line behind me," she said.



PHOTO BY AMANDA BAINES

Bre Creative artist Breanne Cram adds green sparkles to fast track early childhood education student Viorica Cebotari's face paint design during the Random Acts of Kindness celebration on Nov. 12. For more photos, see Page 6.

Connell hopes that the day will change people's perspectives as well.

"You don't have to feel like you have to change the

world," he said. "One random act of kindness can change one person's world, and that's what we're trying to show."

Old man winter's coming, so be prepared

By LAURA BENNETT

A Canadian winter is hard on drivers and vehicles. If you drive to school it's important to know that the season is very unpredictable so you need to be prepared.

The approaching winter means pulling out heavy coats and warm scarves as well as winterizing your vehicle.

This takes time and money but it's better to do it ahead of time so you aren't changing your windshield wipers 15 minutes before class starts.

"Usually by November people have come in to have winter maintenance on their vehicle," says Andrew Glasgow, a tire technician in the auto shop at Canadian Tire on Fairway Road. "A lot of people wait, and once they see the first snowfall they panic and we get a rush of people."

It's important to put winter tires on your car by the first snowfall to improve traction and prevent skidding. Also, "topping up wiper fluid or replacing wipers if they need to be is one of the most important things," says Cameron Lourenco, a third-year international business student at

Conestoga. And it is relatively cheap, with a four-litre jug of wiper fluid costing about \$3.

The most common things drivers do to winterize are putting on winter tires and having an oil spray," says Glasgow. "The spray is a protectant for underneath your car to avoid rusting."

Checking the pressure of your tires and that your headlights and brake lights are working is a good thing to do frequently throughout the winter months and could save a life on snowy days when visibility is poor.

"It's important to drive with your headlights on when it's a snowy day, especially if you have a car that's grey or silver," said Lourenco. "A lot of people don't think of that."

Canadian Tire offers a winter maintenance package for \$39.99, which includes changing the oil, lube and filter, fluid top-ups and inspections of the vehicle's belts, battery and wipers.

Many drivers are unaware that winterizing means more than physical maintenance. According to Transport Canada, a survival kit should be included in every trunk during the winter.



PHOTO BY LAURA BENNETT

Cameron Lourenco, a third-year international business student, checks his car's fluid on Nov. 10 at the college before the first big snowfall. It's important to check your antifreeze and wiper fluids on a regular basis during the winter.

Extra gloves and socks are good to include, as well as warm blankets, candles and a flashlight in case you get stuck

in a ditch. It wouldn't hurt to throw in a small shovel, too.

Some drivers like to include granola bars and chocolate

bars in case they have to wait for a while. As well, every winterized car should have an ice scraper and brush.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the first thing you'd do
if you won the lottery?



"I would probably spend it pretty quick on a big trip around the world."

Mike Schnelder,
first-year
design and
communications

"I would go pay off mine and everyone who's closest to me and pay off everyone's debt."

Melissa Cloke,
first-year
environmental
engineering



"I would buy a Cadillac Escalade."

Kelli Wallace,
first-year
recreation and leisure
services

"I would buy seven Volkswagen Beetles, one for every colour of the rainbow."

Lindsey Ropotyn,
second-year
broadcast journalism



"I would fill an Olympic-sized swimming pool with Cadbury Creme egg filling and swim in it."

Stella Musztial,
second-year
broadcast journalism



"I would try to get away with the perfect murder."

Mike Richer,
first-year
television broadcasting



Smile Conestoga, you could be our next respondent!

Students excel at Wood WORKS! gala

By VICTORIA SPRACKLIN

Normally one's uniform is kept neat and tidy. However, when Marcel Daigneault's and Shawn O'Neill's are constantly covered in sawdust, they wear it proudly.

The two were part of a six-student group who participated in the Student Wood Product Design Competition at this year's Wood WORKS! Award Gala. The goal is for students from universities and colleges across Ontario to create a wood product with marketability.

The team was awarded \$2,000 for placing in the Top 15, and then went on to win third place which resulted in another \$2,000 win at the same competition. The team of Ben Wright, O'Neill, Duncan McDowell, Josh Wright, Jesse Guild and Daigneault produced a product called the Cangoe, a car-

top carrier resembling a canoe, which was, of course, made of wood.

"When I saw the idea, I just couldn't turn it down. It was something that's never been done before," said Daigneault. The product was thought up in just 10 days by Ben Wright, the team's leader, before the contest deadline.

"In 10 days it went from an idea, to the drawings, to the actual product," said Daigneault.

The Cangoe was made to appeal to fans of the outdoors, and is able to carry equipment and luggage.

"Rather than have the plastic ones that are out on the market, this one is constructed of wood and is waterproofed and sealed and looks really great," said Mark Bramer, a woodworking professor and faculty adviser to the team.

The award-winning product

was paired with a business plan, which was a requirement of the competition. Not only did the contestants work hard at their craft, they had a lesson in marketing.

"I learned from the guys from (University of Waterloo), the marketing aspect of a product," said O'Neill, who will carry this knowledge with him after graduating.

Students can learn valuable information such as this from the competition, which runs yearly in Toronto at The Carlu, located on the seventh floor of the Eaton Centre.

"They're trying to get the next generation of young people to consider wood and the values of wood and what it can be used for," said Bramer.

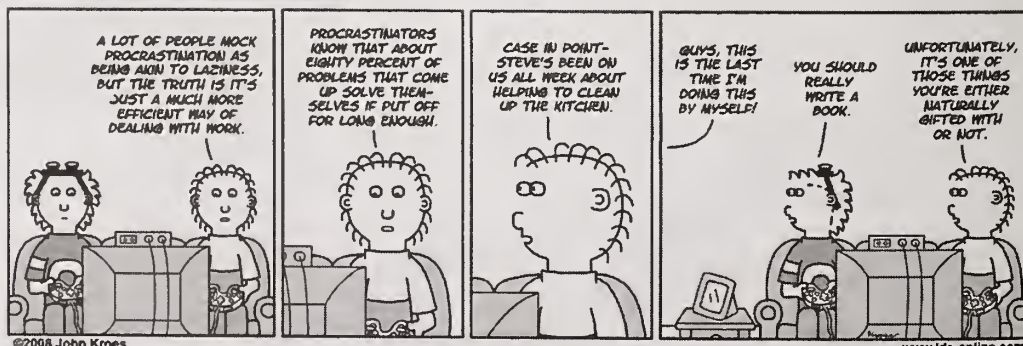
"I encourage my students each year to participate and try to come up with a new invention made out of Ontario woods."



PHOTO SUBMITTED

The winners of the student wood product design competition, from left, Shawn O'Neill, Ben Wright, Duncan McDowell, Jesse Guild, Josh Wright and Marcel Daigneault, stand next to their creation, 'The Cangoe.'

LAST-DITCH EFFORT



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Conestoga Students Inc. president Sheena Sonser, above left, speaks at a Remembrance Day ceremony held at the Doon campus on Nov. 11. Above right, people sit waiting in the atrium for the ceremony to start.

PHOTOS BY ASHLEY IDLE

Conestoga remembered

By ASHLEY IDLE

“And now we lie in Flanders fields.” It is a line that almost every Canadian knows, but how many stop to really think about its meaning? On Nov. 11, students, faculty and staff gathered in the atrium at Doon campus as well as on Guelph and Waterloo campuses to recognize the sacrifices that were made to maintain Canadian freedoms and to remember those who fought. This year was the first time that ceremonies were held at Waterloo and

Guelph campuses as well. Conestoga Students Inc. worked together with Student Life to put together the service that started at 10:35 a.m. in the lower atrium and on the other two campuses. “Sheena Sonser, president of CSI, and I thought it would be nice to work together to hold the ceremony as the goal was to create a Remembrance Day ceremony but also provide an opportunity to bring together the community of Conestoga College, our faculty, staff and students,” said Student Life program-

mer Elissa Cressman. Myeengun Henry of Aboriginal Services performed a smudging and opened with a prayer, while Bonnie Lipton-Bos, Student Life co-ordinator, emceed the event. Director of safety and security Don Willis also spoke at the ceremony. Sonser had some wisdom to pass on to those who gathered in the atrium. “The history of war is the history of both hope and despair ... that is why we come together on this day,” she said.

Christmas craft show Nov. 28

By SARA BUSSE

We all have our favourite Christmas tree ornament or that handmade gift we gave our mothers. Maybe it's that picture frame holding a photo of you with Santa when you were only three or how about that pine cone loaded with sparkles that you made in first grade? Whatever it is, Christmas crafts are a fun way to get you into the holiday spirit. However, if you hate arts and crafts, or just don't have time, you may want to head to the Edelweiss Restaurant, 600 Doon Village Rd. in Kitchener, for its second annual Christmas Craft and Gift Show on Sunday, Nov. 28. Doors open at 11 a.m. and the event will run until 4 p.m. Admission is free. “We have all types of vendors, jewelry, woodcrafts, hand-painted items, knitted items, pet products, you name it,” said event co-ordinator Cheryle Crawford. With the holiday season on the horizon, people are beginning to save their dollars to buy those special gifts. However, instead of a store-bought present, what about a handmade item this year? “Hand-crafted gifts are the best kind. They're more personal,” said Kelsey Park, a first-year law and security foundations student. Maybe this year instead of running out to the store to buy the latest “i-something,” we could pick out something special and handmade, for that added personal touch.

Spencer Teeter performs live on CJIQ

By GERALD UPTON



PHOTO BY GERALD UPTON

Spencer Teeter puts some feeling into his singing while brother Blake accompanies him. The duo were live on the CJIQ show Pull the Plug Nov. 10 from 10 p.m. to 1 a.m.

Spencer Teeter dropped by CJIQ to do an interview and live performance on the show Pull the Plug Nov. 10. For those not in the know, Spencer Teeter is both the name of a band and the name of the driving force behind the group. Spencer is the lead singer and backup acoustic guitar player, the songwriter and the inspiration and energy behind the band. When all four members of the group are performing, he plays lead electric guitar. Accompanying Spencer was his brother, Blake. Normally the drummer, he showed a different talent when he brought along his Yamaha acoustic guitar and played lead while singing his usual backup. His harmony singing was subtle but effective. The two regulars who were not there are Kayla Watson, who plays keyboards, and JD Smigelski, who plays electric bass. Since it was an acoustical program and they play electronic instruments,

this was appropriate. Besides, the studio area wouldn't have easily accommodated any more musicians, let alone the upright piano and stand-up bass they would have needed. However, with only half their members and no electronics, the band still had a vibrant presence. This was mostly due to Spencer himself. He has a strong and sure voice which conveys the emotion of what he is singing. You can tell by the expressions that flit across his mobile face that he feels strongly about his material. The Spencer Teeter band has been in existence only since the end of last year. They have already released a debut album titled Lost and Found, with a song from it, Maybe I'm Wrong, getting some air time on radio stations. The full band will be at Molly Bloom's in Kitchener on Dec. 31. A proposed tour they had scheduled has been cancelled due to the withdrawal of a major sponsor.

Proposed show would be an embarrassment

By EMILY GERRETT

Canada is known as a multicultural country, and Toronto as its multicultural centre – a place where different ethnicities are welcomed and respected.

So why is the trailer for the new Toronto-based Jersey Shore spinoff, Lake Shore, a montage of distasteful stereotyping and racist remarks?

"I'm not a racist because I hate everybody equally. Especially Jews," says the cast member titled "the Turk" in her introduction. The racist content of the show has stopped it from being picked up by any station, and caused all the major Canadian news outlets to express disgust.

All eight of the finalists for the show are labelled by their race: "the Albanian," "the Lebanese," "the Pole," "the Vietnamese," "the Czech," and "the Italian," who is shown sporting a helmet that reads "#1WOP."

The trailer has sparked criticism from most big media outlets, and has even been called "anti-Semitic" in a CBC article published Nov. 11. However, spokespeople for the reality show are saying that it is merely a social experiment, looking into how "inclusive" Torontonians really are.

If this show was being filmed as a documentary rather than as a reality TV money grab, then this argument might hold more weight. As for it being an experiment, grabbing eight super-biased club-hoppers and trying to pretend they accurately represent the people of Toronto is ridiculous.

This show is nothing more than a carefully crafted look into the drama between eight individuals, chosen for their ability to create the most entertainment and shock value.

If you've seen Rick Mercer's Talking to Americans, then you know the world already has a very inaccurate view of what it really means to be Canadian. This show is exactly the kind of example Canada does not need. Like the opening ceremony of the Olympics, this is yet another chance for Canada to embarrass itself on the world stage.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,
Room 1C30, Kitchener, Ont.,
N2G 4M4



CFL rivalry heated up before Toronto's win against Hamilton on Nov. 14.

The only cure for litter is you

Littering. It's an act that often gets ignored, happens everyday and is having a negative impact on the environment.

Whether it's ignorance, neglect or just plain laziness, littering has started to take over at Conestoga College.

"It's everywhere and it's dirty," said Christina Ziolkowski, a second-year student in the office administration legal program.

Take a stroll down one of Conestoga's many beautiful walking trails, or through a parking lot when it isn't jam-packed with cars, and you will see a trend. Garbage is scattered all over the place and is casting a dark shadow over the campus's beauty.

Conestoga has done its job by posting signs that say "the only cure for litter is you;" this should encourage people to hold on to that McDonald's wrapper or empty Tim Hortons cup and find a proper place of disposal.

Conestoga uses the cleaning services of Martin Building Maintenance. They are responsible for cleaning all of the Conestoga campuses and have always taken



Marcus
Matthew
Opinion

pride in keeping the college clean.

However, their job shouldn't be to clean up the mess left by others.

Littering anywhere is a wrongful act, and doing it at school has puzzled many, including Chris Hinsperger, resident manager for Martin Building Maintenance.

"I don't understand it. If waste receptacles are provided in the area why would you want to denigrate the places you live, work and hang out? It's a statement about yourself," said Hinsperger.

Although it may never be fully understood why people continuously litter, there are several theories.

"Though laziness and ignorance play a role, there is also inconsideration and conditioning. Some people may come from a background where that behaviour (litter-

ing) is acceptable because someone else cleaned up after them," said Hinsperger.

Some litter because they assume that someone will eventually pick up after them. Many may not understand the negative impact that their actions are actually having.

"Littering has a major impact on the environment because most of the litter being collected from ground areas will end up in the landfill instead of possibly recycling facilities. In addition to the esthetically unpleasant view of a garbage-strewn area, damage to waterways is evident," said Hinsperger.

Even with numerous garbage cans and recycling bins at the college, many still seem to think that nature is the most convenient way of garbage disposal. However, the earth is no trash can and neither is Conestoga.

Children learn at a young age the principles of the three Rs; reduce, reuse and recycle. If they can understand and grasp this simple concept, mature adults should be able to do the same.

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Editor: Ashley Idle

Advertising Managers: Lisa Olsen and Brittney Belanger

Spoke Online Editors: Paul Irvine, Erin Farrar, Courtney Nixon, Jessica-Lynn Tabak, Nathan Rienstra and Jonathan Charles

Production Managers: Laura Bennett, Sara Busse, Brandon Reoch, Cassandra Bourgeois and Ryan Young

Photo Editors: Emily Gerrett, Kathryn Schnarr, Victoria Spracklin, Gerry Upton, Rob Conte and Thomas Parent

Circulation Manager: Mandy Liverance

Faculty Supervisor and Adviser:
Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30,

Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694

Fax: 519-748-3534

Email: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

Stress increases smoking

By KATHRYN SCHNARR

How many times have you found yourself or a friend venturing outside for a cigarette? StatsCan says 18 per cent of Canadians smoke, which means almost 2,000 Conestoga faculty, students and staff light up. To accommodate smokers, the college has designated smoking zones outside.

"I know they exist, but I don't know where they are," said Will Whitney, a computer programmer/analyst student. "I think that it's good to have these areas, so people don't just smoke anywhere they please. I don't enjoy walking through a smoke cloud going into school."

Entrances have a bold red line, indicating smokers are not to smoke within the line. Most adhere to this rule, but not all do, especially in the winter months. With the stress

of midterms, visits to the smoking area are increasing.

"I've been smoking a lot more lately," said Adam Cleland, an engineering student.

"I know they exist, but I don't know where they are."

— Will Whitney, a computer programmer/analyst student.

"I've just been so stressed out lately and smoking helps me deal with it. I've been bombarded with midterms and assignments because it's almost the end of the semester. Smoking just helps me relieve the stress."

Many students use these areas, yet don't consider the effects and consequences of

smoking.

According to the Canadian Lung Associations website, www.lung.ca, tobacco kills about 45,000 Canadians a year. This is more than the total deaths from AIDS, car accidents, suicide, murder, fires and accidental poisonings combined.

A cigarette also contains more than 4,000 dangerous chemicals. While students say that this is helping them relieve stress, it is also helping them inhale harmful toxins. At this time of year, students should be at their healthiest if they want to do well when writing midterms.

On top of this, smokers are at a high risk of getting numerous diseases, including cancer and heart disease. It may not be the best time to quit, but with Christmas break just a few weeks away it is a good time to start thinking about it.

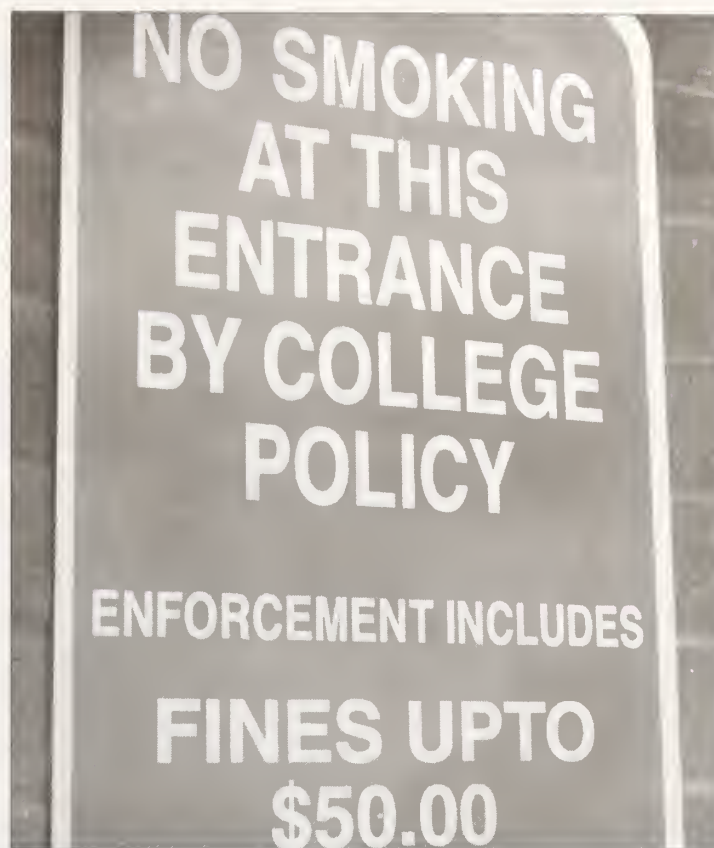


PHOTO BY KATHRYN SCHNARR

Entrance areas at the college feature these warning signs. If a student smokes within the red lines, they could face a fine of up to \$50.

LETTER TO THE EDITOR

Fundraising students deserve accolades

My letter is in response to the article that appeared in the Nov. 15 issue of Spoke titled Jersey Shore-styled fundraiser falls flat. I was surprised to find the lack of facts included in the story. While it was a slower day on campus undoubtedly, I was surprised that the total dollar amount raised was not disclosed — which was \$698.86. This total was released to Spoke in time for print but went unpublished. This was our third highest-grossing student fundraiser out of 11 student fundraisers, and was the final fundraising event that helped ensure the college met its \$50,000 goal. I think if these facts were shared, we would not consider this to be a fundraiser that "fell flat" by far.

I think it's important for us to put into perspective how much this money will help our community:

■ \$698 can help the Learning Disabilities Association of K-W by providing 25 hours of one-on-one advocacy support for parents of children struggling in school. In addition, it can also provide 16 children's books that have a high-interest storyline with low vocabulary to enable struggling readers to be successful.

■ \$698 could help Big Brothers Big Sisters of K-W &

Area provide support to more than five Grade 7 & 8 girls to attend a seven-week program dedicated to supporting the development of self-esteem and healthy body image.

■ \$698 could provide 259 meals of emergency food assistance to low-income families at the House of Friendship.

\$698 could provide 259 meals of emergency food assistance to low-income families ...

These are all quite substantial contributions to areas in our local community who will now so desperately benefit from these students' hard work.

Yes, absolutely, the students were challenged with such a small turnout being that it was a Friday and many students on our campus do not have class on Fridays or their schedules finish early on this day. However, I also think they are in need of a well-deserved congratulations for an incredible job well done in light of such challenges.

Ryan Connell
Student Life programmer

We may just talk to few, but our words can be heard by many.

The language we use can set the tone
for our community.

Thank You for Being the Difference

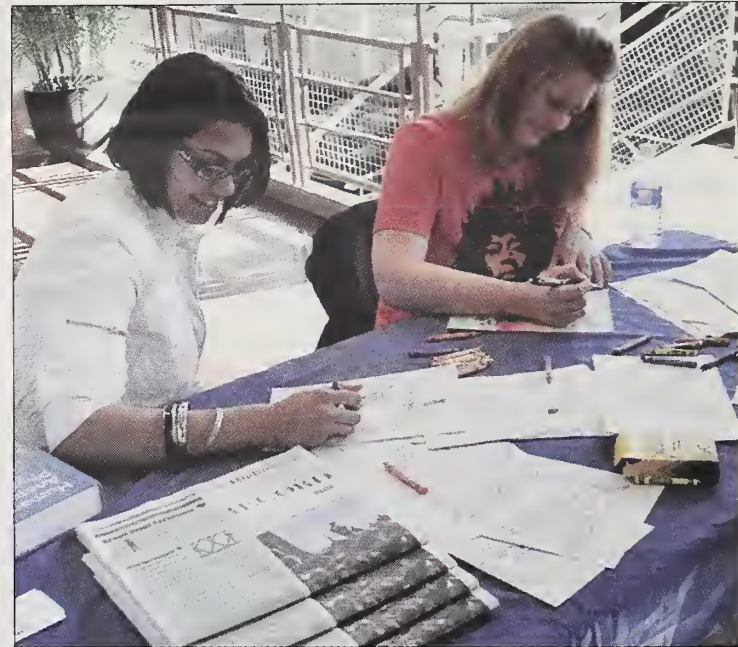
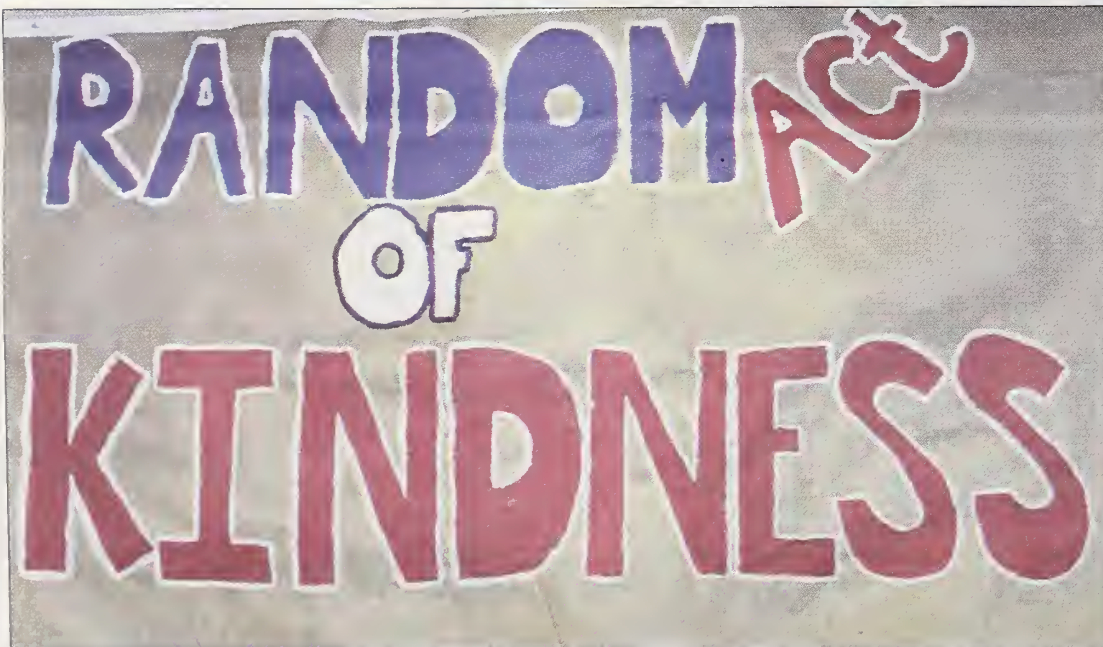
random acts of kindness

creating hope

PHOTOS BY
AMANDA BAINES



Conestoga students slowed down and paid it forward on Nov. 12 during the Random Acts of Kindness celebration in the Atrium. Balloon animals, face painting and free pampering session certificates were new to the event this year.



Sleeping Cinder White is a fun fairy tale fiasco

By CASSANDRA BOURGEOIS

Take a break from your Christmas shopping with KWLTL's hilarious pantomime, *Sleeping Cinder White*. The show is being performed at the Kitchener Waterloo Little Theatre, 9 Princess St. E. in Waterloo, on Thursdays, Fridays and Saturdays from Nov. 25 until Dec. 11. Evening shows are at 7:30 p.m. and there will be Saturday matinees at 2 p.m. Tickets cost from \$10 to \$15.

To reserve tickets email boxoffice@kwl.org or call

519-886-0660.

The play is a mash-up of a few fairy tales, tied together with a confused narrator, impromptu musical numbers and a whole lot of fun for people of all ages.

"You can expect a lot of laughs," said the director, David Atos. "The big one with pantomimes is audience participation." Actors on the stage will interact with the audience during the play. Atos hopes to see kids standing on their seats, pointing and booing at the villains.

The writer, Rob Card, has

written several plays before, but this is the first one that he hasn't directed.

"I'm looking forward to opening night when I get to see it," he said. He acted in the last two Christmas pantomimes, and when he found out they were looking for someone to write this year's, he thought, "Well, I'll write one," and he sat backstage with his laptop and started typing it up.

One of the biggest roles in the play, although not the main character, is the narrator, Philip. He will be played

by Jill Skene. She's been acting with KWLTL for about four years, and before that participated in drama clubs at both high school and university.

"I'm definitely not professional," she said, "but I love to do it." She auditioned for the show because she wanted to be involved with something light and fun. Philip is one of 13 roles that 40 people auditioned for.

"He's not supposed to be the narrator," said Skene. "He's kind of a nerd. He's the vanilla, the regular guy. He gets

the pain the audience is going through because he's going through it too."

Sleeping Cinder White will be the first Christmas pantomime the KWLTL has performed in its own theatre.

The theatre has been under construction for the past seven years, and was finally finished this past July, and had its grand opening in September.

The theatre holds 60 people, and tickets for *Sleeping Cinder White* are going fast, with one of their nights already almost sold out.

Conservatory changes name

After 10 years, 'Cambridge' added to advertise location

By COURTNEY NIXON

As you walk into Wings of Paradise you are whisked away to a tropical land full of butterflies, birds and insects.

With the conservatory's 10th anniversary fast approaching, it was decided a new name was in order.

The board of directors voted unanimously in favour of changing the name from Wings of Paradise to the Cambridge Butterfly Conservatory. The name was chosen to better advertise the conservatory's location.

"We thought that the name change would help people find us better," said Doug Wilson, chairman of the board.

The conservatory features 50 to 70 different species of butterflies such as the Blue Morpho butterfly from Central and South America. There are 2,000 to 3,000 flying free in the exhibit year-round.

The butterflies range in size from a tiny 1/8 inch to almost 12 inches.

Not only do you experience the gorgeous colours of the butterflies but you also enjoy the sounds of the 10 to 12 different types of tropical birds from around the world, such as a red-cheeked cordon bleu, green singing finch, strawberry finch and many more.

The conservatory has an impressive education and outreach program.

"We have a huge educational program," said Wilson. "We get a lot of families throughout the year that enjoy every

minute of it."

Over the years the conservatory has become a popular place for weddings.

The ceremony in paradise includes signing table and chair, a butterfly release for the wedding couple and a butterfly frame.

A conservatory ceremony has the surrounding of the tropical gardens, waterfalls and butterflies that make the day unique. It can accommodate 30 guests sitting or up to 100 guests in standing groups.

The Monarch room ceremony has a chapel-like setting for a traditional feel. It can accommodate up to 70 seated guests.

Monarch butterflies journey from the Great Lakes to the Gulf of Mexico, a distance of about 3,219 kilometres, starting in August until the first frost. They return north again in the spring.

For the upcoming holiday season, Flight of White, a special holiday exhibit featuring a snowfall of white butterflies, will take place from Dec. 1 to Jan. 2.

One of the more unique activities that has been featured at the conservatory is the annual BugFeast; where you can sample real insects that have been prepared as food.

This once-in-a-lifetime experience is happening from March 12 to March 20, 2011.

The conservatory is open year-round from 10 a.m. to 5 p.m. daily, with the last admission being sold at 4 p.m. It is closed Mondays from Oct. 15 to March 1.



PHOTOS BY COURTNEY NIXON

The tropical garden of the Cambridge Butterfly Conservatory features many butterflies, birds and insects. The temperature ranges from 24 to 28 C with high humidity.



The rice paper butterfly is a distinctive black and white butterfly with a wingspan of 95 to 110 centimetres. It is from southeast Asia and is especially known for its presence in butterfly greenhouses and live butterfly exhibitions. It is one of 2,000 to 3,000 live, free-flying butterflies in the Cambridge Butterfly Conservatory year-round.

STUDENT CO-OPERATION ON THE WALLS, IN THE HALLS



PHOTO BY MARCUS MATTHEW

Students in the visual merchandising program assist graphic design students by putting up some of their work in the display cases at Conestoga College on Nov. 10.

IN BRIEF

Here comes Santa Claus

By LAURA BENNETT

Attention Conestoga students! Santa Claus and his elf will be in the Sanctuary today, tomorrow and Wednesday from 10 a.m. - 2 p.m.

Anyone can pose for a free 5x7 photo with Santa, as long as you bring a non-perishable food donation or a money donation. All proceeds go toward the CSI food bank, a charity to support current Conestoga student who are tight for money while they are in school. You can also bring your friends and get a group shot with Santa.

Pick up your photo in Room 2A108 on Nov. 26.

Smith fifth fastest in Canada

By BRANDON REOCH

Conestoga's Jason Smith is the fifth best cross-country runner in Canada. Smith, who won his second provincial title this year, finished 1:56 minutes behind first-place runner Willy Kimosop of Lethbridge College.

The 2010 Canadian Colleges Athletic Association cross-country running nationals were held at St Thomas University in Fredericton, N.B. on Nov. 13.

Other Conestoga runners in the Top 100 were Paul Tremblay, who placed 47th, and not far behind was Brendan Hancock, who placed 53th.

So, you think you can dance?

By MANDY LIVERANCE

Results surprised an audience as Conestoga Students Inc. announced two first-place winners in a dance competition.

On Nov. 9, CSI held their second annual So You Think You Can Dance competition. In the end, judges couldn't choose just one winner, so the \$100 cash prize was awarded to two contestants.

They were Philip You and Samantha Lichtenheldt, a first-year advertising student.

You impressed the audience with his breakdancing moves, while Lichtenheldt entertained

and mesmerized the crowd with her tap dancing routine.

"I was only nervous because of the slippery floor," Lichtenheldt said after the competition.

The atrium floor was not designed for tap shoes, but she took the risk anyways. Even after a few close calls, she gracefully finished her performance.

The second place prize of \$50 was awarded to Leon Johnson, a first-year advertising student, who started off the competition with a pop and lock freestyle dance that energized the crowd.

Nine contestants stepped up

to compete; bringing to the floor a variety of styles of dance including tap, jazz, Indian, and breakdancing.

The rules of the competition were simple; contestants could dance to the song of their choice and for however long they wanted, and the audience was told no booing was allowed. They followed this policy and were respectful.

CSI board of directors' members Taryn Schmidt, Amanda Black and Taylor Watson judged the dancers based on overall impression, preparedness, originality of performance and level of difficulty.

The atrium was full of people before the competition even started with many cheering on the dancers as they showed off their moves.

"(This year's turnout) made me more satisfied by a million per cent, if that exists," said Tara Herriot, CSI's event coordinator.

While waiting for the judges' verdict, contestants entertained the crowd by dancing together and even eat boxing.



PHOTO BY MANDY LIVERANCE

Philip You tied for first place with his impressive breakdancing routine in CSI's So You Think You Can Dance competition on Nov. 9.

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PHOTO BY ERIN FARRAR

Already stuffed, Conestoga students continue to chomp on hot dogs in the Sanctuary on Nov. 10. They were attempting to eat the most and win a cash prize.

CSI stuffs the Sanctuary

BY ERIN FARRAR

Hotdogs were the only thing on the menu in the Sanctuary during Conestoga Students Inc.'s hotdog eating contest on Nov. 10.

All students were welcome to join in on the fun and scarf down some hotdogs after signing a safety waiver.

Contestants had three plates of hotdogs in front of them, with 15 wieners in total. Ketchup was available as well as bottled water to help wash down the food. To win, students had to eat the most hotdogs, buns and all. A half-eaten hotdog did not count.

"I believe it went well, although I did over-estimate how many hotdogs students could eat," said CSI event co-ordinator Tara Herriot.

CSI ordered 300 hotdogs but only went through 150 during the contest, leaving the other half available for students watching in the Sanctuary.

Contestants ate away at their hotdogs

leisurely as there was no time limit. Enthusiasm seemed to stall after most had finished their first plate of five hotdogs. Some tried humorous tactics to make the task at hand a bit easier such as squishing the hotdogs as small as they would go, pouring water on the buns and even eating the wieners and buns separately.

There were two rounds of the contest giving lots of students an opportunity to participate.

First-round winner, second-year wood-working student Andrew Loudon, appeared at ease while eating his portion and had a lead on the other contestants from the beginning.

"I have never eaten that many hotdogs before," said Loudon.

His winning total was nine out of 15, while most students averaged around seven. Loudon left the Sanctuary with a \$100 cash reward, along with a full stomach.

Second-round winners were Kyle Glover and Nick Prattis.

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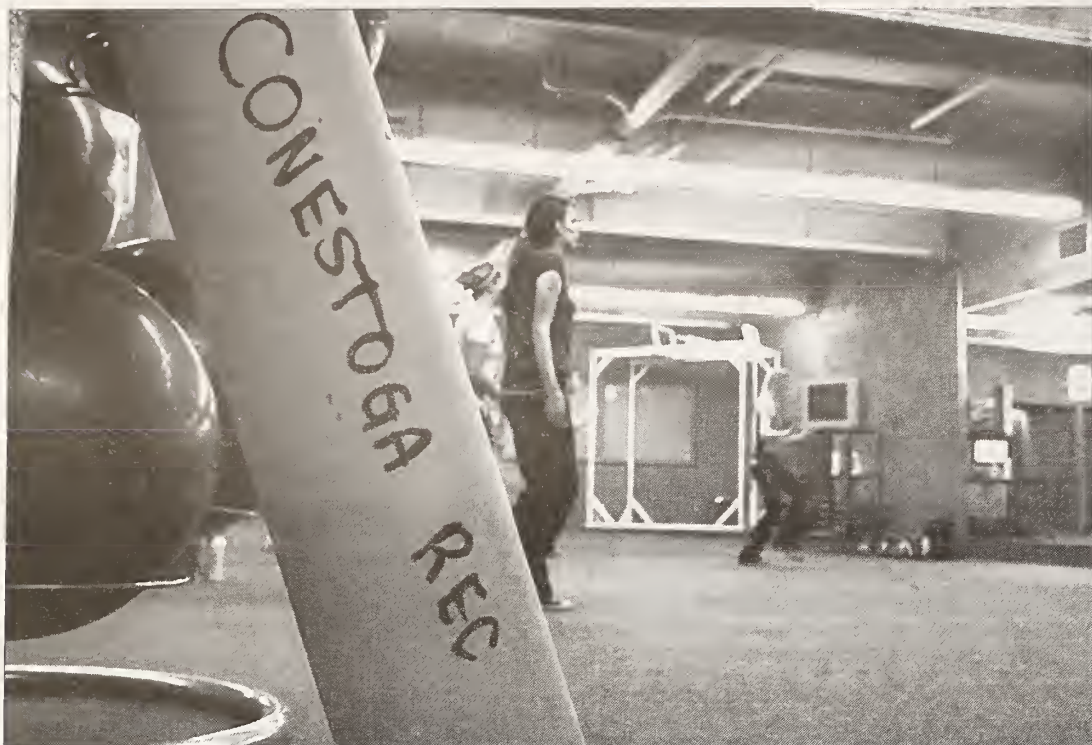
November 29 - December 3

- Check out the games and displays offered by the Pre-Health Sciences & General Arts and Science - Health Option students!
- Learn to eat, think, sleep and play healthy!

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Zumba class is a fun way to get in shape



Conestoga College holds a Zumba class in the recreation centre every Thursday at 4:30 p.m. Zumba is a cardiovascular exercise routine that takes its inspiration from Latin dance. Hailey Hartwick, above, teaches the class and leads participants through the high energy routine which includes several dance-like movements. Zumba was created in the mid 1990's by celebrity fitness trainer "Beto" Perez. The class is free to Conestoga College students, and both men and women are welcome.

PHOTOS BY PAUL IRVINE





HOROSCOPE

Week of November 22, 2010



Aries

March 21 -
April 19

How many times this week are you going to find yourself chased by rabid dogs? A lot. Stop carrying raw steak.



Libra

September 23 -
October 22

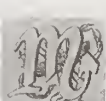
You're moving into the end of the school semester, work is starting to pile up. Build a robot helper named HAL to help you out.



Taurus

April 20 - May 20

You will be quite shocked to discover that you have the same super powers as Superman. He will then sue for copyright infringement.



Scorpio

October 23 -
November 21

You will accidentally start the zombie apocalypse during your science class. You can survive it if you start looking for escape routes now.



Gemini

May 21 - June 21

This week, you will find yourself playing chess against Death. You will be on a beach. Ingmar Bergman will make a movie about it.



Sagittarius

November 22 -
December 21

You will accidentally criticize an Uwe Boll movie where he can hear you, and he will challenge you to a boxing match. He is huge, you will probably lose.



Cancer

June 22 - July 22

You will meet your favourite musical artist, but be disappointed. They pick their nose, you see. It's quite gross, you know!



Capricorn

December 22 -
January 19

Caffeine will be your friend as your Scorpio friend starts a zombie apocalypse. Fortify your house, and learn to like the roof of your house.



Leo

July 23 - August 22

You will find yourself locked in fierce mortal combat with a Cyclops. You will finally win when you use his secret weakness, his left knee, to trip him.



Aquarius

January 20 -
February 18

You're going to start having Vietnam flashbacks. You have never been to Vietnam. This is going to seem very confusing to you. The horror...



Virgo

August 23 -
September 22

This week you will win a car in a lottery. Too bad it's a '74 Pinto. Make sure you don't back into any walls.



Pisces

February 19 -
March 20

Your perpetually drunk teacher will, on Thursday, come into class having discovered a unifying theory of the forces. Steal his ideas, and win a Nobel prize!



PHOTO BY MARCUS MATTHEW

Before an intramural basketball game on Nov. 10 at Conestoga College's rec centre, Yonnas Getachew practises his mid-range game with a jumper from the right wing. It was nothing but net.

Intramural a slam dunk

By MARCUS MATTHEW

At Conestoga's intramural basketball, you probably won't see a slam dunk or a buzzer-beating half-court shot.

However, you will see a group of students having a blast playing some hoops.

Yonnas Getachew, a first-year student in the engineering technology program, just came out of high school where he played on the basketball team. He joined to stay active and keep his game at a high level. Getachew has been enjoying his intramural experience.

"So far it's fun. I met a lot of new people and I like the competition," he said.

One of the main reasons why so many participants are enjoying intramural basketball is because the rules are flexible.

"We don't have strict rules.

We let them play the way they want to play as long as everyone agrees on the rules," said student athletic committee basketball co-ordinator, Melissa Barnim. "A lot of people really like it this way," she added.

However, even with many liking the competition and lenient rules, such as calling your own fouls, basketball has been on and off the last few weeks due to events such as the career fair, convocation and varsity volleyball on home court.

With so much going on at the rec centre, the schedule has gotten quite confusing in recent weeks. On Nov. 10, only a couple of people showed up for Wednesday night's scheduled game, resulting in a cancellation. The few who did show up ended up just shooting around and taking advantage

of an open court.

However, with the career fair and convocation in the past, basketball should be back at full strength.

There has never been a question about the quality of this year's intramural basketball, just a question of attendance.

"It's really fun when people actually show up," said Sean Suitor, a first-year student in the fitness and health promotion program.

Many students find intramural basketball a great way to meet new people and play a fun sport while in the process. So if you have a passion for ball or you and a few of your buddies want to join, the second session will start on Jan. 24.

If you're afraid of "getting schooled" on the court, don't worry. Conestoga welcomes all skill levels to come out and play some friendly ball.



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Paul Irvine carefully examines the stars and then ignores them for your amusement.

Pub night brings cheers and beers

By RYAN YOUNG

The only thing colder than the beer at CSI's sport-themed pub night was the Miami Heat's offence.

Conestoga Students Inc. aired a clash between NBA juggernauts Miami and Boston on the Sanctuary big screen Nov. 11. The event was the first sports-themed pub night of the year and was free to all Conestoga students.

"Sports fans represent a niche market in the school," said CSI director of social programming Nadir Chaudhry. "We wanted to hold a pub night during a sporting event because they're a great time to get together with old friends while meeting new friends with a common interest."

The action wasn't limited to the big screen. There was a trivia sheet to fill out and prizes were drawn during the game. The prizes were provided by Chorus Entertainment and included T-shirts and three pairs of tickets to see the Toronto Raptors. Long Pham, 20, received \$50 for winning the trivia contest.

"Pub nights are a great idea,



PHOTO BY RYAN YOUNG

Prizes were drawn during CSI's sports-themed pub night on Nov. 11 in the Sanctuary. CSI director of social programming Nadir Chaudhry presented Adriana Galindo, left, with a set of tickets to a Toronto Raptors/Houston Rockets basketball game.

the Sanctuary had a good environment," said Pham, 20, a second-year material and operations management student. "Plus everything is more enjoyable on a big projector."

Pham heard about the pub

night during a three-point shooting contest held in the rec centre Nov. 9. Students were given an extra ballot for every basket they sank in the NBA All-Star weekend-style contest. CSI ran the contest to promote the sport-themed

pub night.

"We were shocked by how many people showed up," said the 23-year-old Chaudhry. "At one point there was a line-up from one side of the gym to the other."

There was no questioning

which team had the majority of support during the Heat/Celtics matchup. Chris Bosh, the former face of the Toronto Raptors who bolted to Miami this summer, was openly criticized by students during the game. The biggest cheers from the crowd of roughly 30 came after an explosive first quarter slam dunk by Celtics point guard Rajon Rondo. A botched three-pointer by LeBron James sealed the victory for Boston.

"I came out to have a good time and watch the game with my friends," said second-year general business student Dave Gosain. "I'd suggest a couple more televisions to encourage more people to come out. It'd be cool to have basketball, hockey and football all playing at the same time."

Chaudhry says CSI plans to hold future sports pub nights showing the NHL and Monday night football.

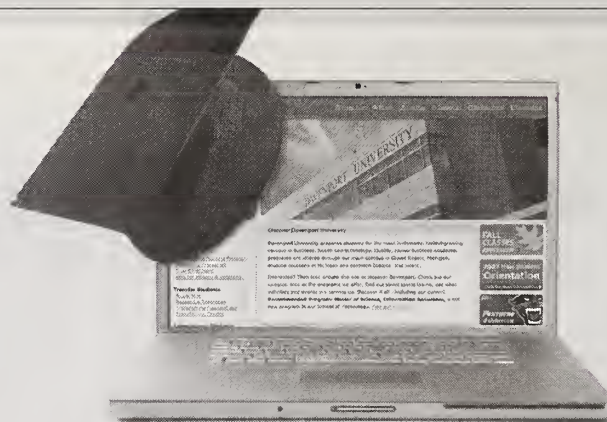
"My vision is to see students come wearing their favourite team's colours," Chaudhry said. "I wouldn't mind hearing a little more noise to add to the atmosphere!"

Tell that to Chris Bosh.

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